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THE INSIDE-OUTLOOK



TERRI
P.

May, 1975
Vol. 3 No. 2
Brampton, Canada.

*T*H*E* *I*N*S*I*D*E* *C*O*U*N*T*E*Y*

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INSIDE OUTLOOK NEWSPAPER POLICY

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This issue revolves around Easter and the beginning of Spring. A time when "even" people in jail feel the stirring of something pretty wonderful in and around them. Even the most hardened criminal must admit to some sort of feeling, if not at Easter, then certainly at Spring when the sun comes out more frequently and the grass begins to resemble grass again. Of course we can't buy a new hat but then, once you have seen one stripped hat, you've seen them all, haven't you?

Aside from not being able to have a new hat, we can look at other possibilities. This feeling of newness can be applied to the direction we are going in life. When you are going downhill it does not really matter if you trip over a robin or two, but if you have brighter things in mind it is kind of nice to explore them in the sunshine among other growing things. Why take your First Communion in a graveyard? Atmosphere has a lot to do with mental attitudes. (please don't get the idea that fall and winter are hopeless. Some people do better under adverse conditions.)

Mac Davis had the right idea when he said, "You've got to stop and smell the roses along the way." The smell of defeat gets pretty revolting and resembles something you will find in pastures and barnyards all over the place.

Easter is defined as a day for celebrating Christ's rising from the dead but I'm sure He wouldn't mind if some of us took that opportunity to start living too. Some of us have been defying nature for a long time, so let's not push our luck too far.

By the way, I must warn you, that if you are suddenly reborn before your release date it will mean absolutely nothing to Queen's Park. Your fingerprint's, name and criminal record will remain exactly the same, and no amount of protesting will change it. A lot of rubber rooms are occupied by people who were reborn but not believed.

Too few allowances, if any, for rebirth, have been made by the courts and the Ontario Parole Board. The National Parole Board has been known to explore the possibility more thoroughly. The Ontario Board seems to feel that you are born once, and That's It Baby!

Out of the 23 inmates who appeared in front of the Ontario Board last month, only 9 were given credit for having undergone some major (or Minor) change in their life style. If the remaining 14 were paranoic by nature, they would be inclined to believe that the Vanier recommendations were nothing short of a lie, and any gains they had made meant absolutely nil in the eyes of the "POWERS THAT BE."

Obviously I was one of the 14 and I've realized that this is the sort of rejection I can deal with. I've been dealing with my own stupidity for years, so I am quite sure I am now big enough to deal with theirs in a constructive way.

So, aside from these pitfalls, I have found that the rewards for trying to change existing into living are really great, and I can't think of a better time of the year to work on it.

So, Happy Easter, Eggs!
See you next month.
Vicki J.

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VISUAL AND LITERARY ART CONTEST

- WHAT - Visual Arts) artwork
) handicrafts
) literary
- WHEN - Deadline, June 18th
- WHY - Stimulate Interest in
 '75 Prison Arts Competition
- WHO - Expose your latent talent now
- WHERE - Entries to be judged at A.T.C.
 Awards to be presented June 30th
 at A.T.C.



Poetry and essays too
Clowns and fuzzy puppies
Dolls and stories, short or long
Or even knitted guppies.

Afghans and crocheting
Braid a rope with thread
Apple grannies sell good
Why not build a bed?

Leatherwork or copper things
Macrami and painting
Then once it's made and handed in
There's nothing but the waiting.

SUBMIT YOUR ENTRY OR ENTRIES TO PAT CULVER

GOOD LUCK!!!!

Vicki J.

FIRST IMPRESSIONSPaper Woman:

About a moon ago when I was at the first big house, me and others went to room of tapping machines. I was tapping the machine when half old lady smiling on the outside tell me talk with her in little room. The spinning chair went back and forth. We talk and talk and talk. Ole half lady smiling on the outside say rite something for talking leaves. Me I laying in hardbed halfnight listening to wind howl at the metal. My eye sees a blanket covering my Mother. It nice to see someone warm. Peeking nighthawk look in often at me. Maybe think I get small to go through button door. When it was yet daylight, I go to see white hall hit around by mans and womans. It must be paining. Everyone laughs at the game in big tall house. Good thing for talking leaves message go longtime for. Hairface man show how to live by people running across screen. That man no survive without screen. Good thing for things. My two one hear listen for year. Do you know what's behind mountain? I let you know when fish are jumping. Big meeting every light in second move. Chair too hot to sit in sometime. Hard face lady who soft inside votes after speech. She has many colour leggings. Man who cook tastes like every food sample. Lady who shouts orders in long hall of mops doesn't smoke. Mr. Clean gets rid of dirt with extra help. Longest time I been without groceries. There's going to be war, everyone save sling shots. Don't look listen don't see don't feel. Every corner has thoughts. Right now I need some sorry. I'll find busy and hold back. Big sight thinks I better hit it. Stop.

Brookin Two

S.C.H.



BOOK REVIEW - Golda Mier

GOLDA - The biography of a lady who went from poverty to fame by simple determination. Mrs. Mier did not just make speeches she had lived through the many issues she spoke about. She was a Zionist who came back to America trying to get financial aid for her people in Palestine. Everything including her husband and children became secondary. Golda also gives an accurate account of the continuing struggle of a nation struggling for survival, recognition and peace over the centuries. We learn a great deal about the Jewish people, their customs and their way of thinking as well as the history of Israel and an understanding into their present motivation. Golda Mier was a remarkably bright and witty woman who simply refused to not be recognized. In a letter to her sister she wrote "In our present situation I could not refuse to do what was asked of me." Golda tells us in detailed accuracy how she did what she felt was needed of her. In this International Women's Year, we cannot help but include Mrs. Mier, and vote her as being a pioneer of women prime ministers.

Peggy Mann--Golda--The Life of Israel's Prime Minister.

Published by Pocket Books of Simon and Schuster Inc., 630-5th Avenue, New York, N.Y. 261 pages.

Reviewed by Tracie T.

NEW BOOKS IN THE LIBRARYNew Mind, New Body, by Barbara Brown

A new book on biofeedback by a pioneer researcher in the field. Dr. Brown describes the origin and development of biofeedback research and the potential for communication between mind and body.

Winning With People, by Jongeward and James -- the authors of Born to Win.Never Done -- Three centuries of women's work in Canada.

This book contains a bibliography for further reading.

When in Doubt, Mumble, by James H. Boren -- advice for creative bureaucracy.Tales of Power -- a new book by Carlos Castaneda

Feel creative ????

look for:

The Complete Book of Crochet
Decorating Ideas Under \$100
The Art of Making Cloth Toys
Native Funk and Flash
Techniques of novel writing

Need Exercise?????

we have

The Yoga Thing, by Nancy Roberts
The ABC of Yoga, by Kareen Zebroff
Beginner's Manual of Yoga

From Self Counsel Press - the latest helpful publications

A Canadian Guide to Successful Job-Hunting

1975 Canadian Tax Law

Canadian Credit Law Handbook - it is the Debtor's Handbook updated.

Ontario Real Estate Buying and Selling Guide

Investor's Guide to a Successful Retirement in Canada

How to Immigrate into Canada

Canadian Guide to Death and Dying

Do you want to analyze your handwriting? Take a look at The Handwriting Analyzer, by Jerome S. Meyer. This book makes it easy.

For just good reading

In Love and Trouble: stories of Black Women, by Alice Walker

Daddy's Darling Daughter - a first novel by a Canadian author-William Thomas

Stories from Ontario, selected by Germaine Warkentin

The Fire-dwellers, by Margaret Laurence

The Broken Wings, by Kahlil Gibran

EASTER SYMBOLSTHE CROSS

The cross represents the crucifixion of Jesus Christ. It is also something we can usually identify with. Many of us have walked out of courtrooms bearing one but I'm quite sure no one will ever compare it to the plight of Jesus. Some have already tried but for some reason or other no one will buy it.

The word cross, is used quite often in some strange ways. There are Hot-Cross buns, Cross-Country-Races, cross people, star crossed lovers, crossed legs and hearts, crossed wires, double crosses, criss-crosses, crossword puzzles, cross breeding, and crossed bones.

Then there's just plain cross, which leads back to the one someone carried around because of people's fear and ignorance.

THE LAMB

The Jews sacrificed a Lamb called a Paschal Lamb, during their traditional Passover ceremony in the Temple in Jerusalem. They spoke of Jesus as "The Lamb of God, which taketh away the sins of the world." (John 1:29)

Now here's something we can have fun with, how many people have imagined themselves stretched out on the alter every time they get punished for something? Or how many have sacrificed their feelings in order to save somebody else's. Or have sacrificed someone else's to save their own.

If all those sweet, gentle, woolly, little animals could only know the burdens that are carried around in their name. They are under the impression that they are here to keep our bodies warm and not here to be an object of sacrifice. How many times do you hear someone say, "It was as easy as leading a lamb to slaughter?" Of course it's easy when the altar is in the same direction as the shearing shed.

Gentle as a lamb, meek as a lamb, lamb chops and sacrificial lamb all refer to a sweet little animal who just happened to be there when someone chose to elaborate on Jesus' name. It's a good thing a hog wasn't there because that would really distort the whole image.

Mary had a little lamb,
 Pontius thought him bad.

RABBITS

Many children believe that an Easter bunny brings their Easter eggs. This belief probably comes from Germany. One legend says that a poor woman dyed some eggs during a famine and hid them in a nest as an Easter gift for her children. Just as the children discovered the nest a big rabbit jumped out, they thought the bunny had brought the Easter eggs.

What do you picture when you hear the word rabbit? More rabbits of course. They are a symbol of new life. Rabbits and mink both share in the glory when it comes to healthy and enthusiastic sex habits. How many times have you heard some discreet soul say, "Man, He or she like a mink? I'd better get off that subject before the Fourth Estate falls on my head.

I believe in fantasy so I won't begin to question the validity of the old story about how the Easter Bunny was born. Without fantasy life would be pretty darned dull for all of us. Have you spoken to an unimaginative person lately? It's like discussing Current Events with a wet graham cracker or ecology with a dew worm.

Anyway, believe in the Easter Bunny, you could do a lot worse.

EGGS

Eggs represent the new life that returns to nature about Easter time. The custom of exchanging eggs began in ancient times. The Persians believed that the earth had hatched from a giant egg.

I am inclined to agree with the Persians at times but only on the days when I feel that the earth has been defecated on by something big.

There are good eggs, bad eggs, eggheads, scrambled eggs, darning eggs and one minute eggs. I think we'll have to agree that eggs are pretty necessary in the business of creating almost everything with the exception of the eggplant and other vegetation. Ironical isn't it?

LIGHTS

Lights, candles, and bonfires mark Easter celebrations in some lands. Roman Catholics in some countries put out all the lights of their churches on Good Friday. (A sneaky way of saving on their light bill, I would say)

The expression, "I've seen the light," is an interesting one if you want to take it literally, you can imagine a person staring at a dirty light bulb and saying, "Wow, man, I've seen the light!" Or imagine a person walking up to another with a beautiful look on his face saying, "I've been through hell but I've finally seen the light." The answer may well be, "What are you, some kind of religious nut?" That would play hell with someone who only thinks they've seen the light, wouldn't it?

Anyway, lights are pretty darned necessary whether they be spiritual or otherwise in order to find our way in a world that is made up of 3/4 twilight and darkness.

Vicki J.



V. J.

THIS I BELIEVE

Mrs. Tillie Burkhardt, well-known St. Louis caterer, prepared this statement for Edward R. Murrow's program, "This I Believe", a series of five-minute, non-profit broadcasts on which men and women in all walks of life presented their personal philosophies:--

"Both my parents died when I was 13 and I found myself suddenly transplanted from farm country to a crowded city where I was to live with my mother's sister. The city closed in. I couldn't smell the dew in the morning; I couldn't find the stars at night. Even God, who had always been near, was gone.

Then one evening, a neighbour, starting out to her all-night job as an office building charwoman, paused on the step where I was sitting, put her hand on my head and said, "Life ain't all you want but it's all you got. So stick a daisy in your hat and be happy."

It wasn't what the woman said so much as the feeling of it that moved me. The lift in her voice accepted the challenge, no defeat. I went indoors and lit a candle which had stood by my bed in the country - the one thing I had that might help push back the four walls made painfully evident each night by a glaring light bulb. Next morning, I took what I had - a strong back, a strong will - and got a job cooking and scrubbing floors.

Those few words made me see what I still believe after all this time - THE PRESENT IS MORE IMPORTANT THAN THE PAST OR THE FUTURE. You must start where you are if life is to have a meaning.

I believe that if a person decides - whether suddenly on a sun-filled morning, or painfully after a personal tragedy -- to start where he is with what he has, he will gradually discover he has certain gifts, which if used well, have a way of helping others, of bringing him close to his fellowman.

I've watched a lot of people through the years, done a lot of talking and listening, and I always come back to this: those who grasshopper about after what they were, chase wind; but those who use what they have and what they are, usually find themselves, their place in the pattern, and God. They are the ones who can stick daisies in their hats and be happy."

Author unknown
submitted by
Bill Snowdan.



"SPRING MEANS" ...

Spring means old men
on park benches
Watching their youth reborn
in the laughing faces
of little children.

Vicki J.

1975

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POETRY

Terry G.

"The Most Exciting Poetry"

"WHEN GARBAGE CANS LOOK TALL"

Life isn't easy, little man
when garbage cans look tall
Empty homes won't take away
the bruises when you fall

Yell- at bullfrogs, chase a bee
when the pains too much
Kick at tin cans in the street
when fear and hunger touch

Sit and count the blades of grass
while Mommy's friend's upstairs
Tear up paper, hum a tune
when hurts too much to bear

Hide the tears when kids all laugh
at clothes got second hand
Just walk faster, little one
someday you'll understand

No, living isn't easy
when garbage cans aren't small
Especially with a troubled mind
in a body four feet tall.

Vicki J.



"PROGRESS"

Progress is little men
standing by big houses
eating balogne sandwiches
while upper class pets
shit filet mignon.

Progress is overseas telegrams
sent to hysterical mothers
who cry regrets into their laps
for creating sons
to keep death amused.

Progress is Greed and Envy
stepping on trusting faces
with computerized feet
Wrapping dollar signs
around impossible dreams.

Progress is bleeding tree stumps
parking lot meters,
lung disease, mounted heads
and fish with no upstream
to give them a purpose.

Progress is creating fetishes
when once they were evil
forgetting that caressing power
is much more dangerous
than women's underpants.

Progress is the enemy of Love
using tomorrow as an excuse
forgetting that yesterday
didn't dig it's grave
with a bent shovel.

Vicki J.



"I'M MAD!"

I'm mad, I'm mad, I'm mad
just wait 'til I tell Dad
I'll tell him you've been mean to me
I'm mad, I'm mad, I'm mad

Why can't I go out and play
Freddy says it's spring today
They're playing ball by Billy's place
If I can't go I'll make a face

You're bad, you're bad, you're bad
you always make me sad
The other kids are at the park
you're bad, you're bad, you're bad

I'm not sick, I'm really not
just feel my head, it isn't hot
Why do I have to go to bed
just because my face is red

I'm mad, I'm mad, I'm mad
just wait 'til I tell Dad
I'll tell him you've been mean to me
I'm mad, I'm mad, I'm mad.

Vicki J.

I'M SORRY IF I DON'T CONFORM

I'm sorry if I don't conform
 If I don't play the game by your rules,
 If I say the wind is much more than just
 opposite temperature zones
 But how can I try to explain to one who has
 never-sought the first yellow flower of spring
 Nor walked through the first lonely puddle of
 the last days of winter
 So tell your little stories of misery and pain
 But don't look up or go out because that might
 make you happy
 Which would prove disaster to your demented mind.

WRITTEN BY BILLY M.

I AM MISUNDERSTOOD

If it's up in the air how can I floor it to
 the ground,
 And leading it back around to make you understand.

 If I give you my hand will you lead me to that
 land of better understanding?
 In the library I sit, books of knowledge on
 the shelves,
 But I find I know no more, I only know myself.

 I'm as spaced as the universe, as high as the
 sky, I've been here for five
 months and still wonder why?

 And now it's early morning and a housemeeting
 to start the day,
 But I don't get the message, what are they
 trying to say?

 So this is how I see it, if you don't agree
 that's fine,
 But this is only my opinion, of what is on
 my mind.

Submitted by Becky W.

MY PROBLEMS

My problems may be deterred cause they're
back there on the street
But evenetually I'll be back out there -
and they'll still be there to meet

They round a corner or stand right before my face
Should I say I'm sorry I feel that
this is not the place?
To change the many hassles that realistically exist.
Cause no matter how I sit & think these hassles
still persist.
But I've got time to get it back together
To bad this can't change for me as quickly as the weather.

Sometimes I find I'm very boxed, things are not the same
But doesn't it take time to make a wild thing tame?
So why am I held back from what I want to do
If I want to hit up that's up to me not you.

But I'll make a honest effort to find out where I am
But I can't answer where I'm going, that is up to them
I know if I want out of here there's things I have to do
Just let me go at my own pace don't expect a major
breakthrough

But do you think it odd or strange to re-arrange,
A pattern does not always accomplish a change.

Backy W.

WARREN

Lonely and bewildered in my mind, I searched for and
took all the love I could find. Blinded and confused,
when I regained my sight, saw the dreadful reality
of what happened that night.

Now more alone than ever before, what would I do how
would I cope. So I waited patiently these long end-
less months, watching and feeling the tiny life grow,
My heart grew much brighter and so sprang new hope.

For the child within and the child without, now I
am here and my heart grows once more, but stronger
this time reinforced and more sure.
My beloved child though we're sep rated, forever
your gone,
But beautiful memories of you will live on and on.

Ros. Ann W.

I've tried to keep my feelings hid,
And no one knows the tears I've shed,
'Cause when you're gone I feel so blue,
And all I know is I love you.

You're not free to be my own,
And in a while you'll leave for home,
To be with them as much as you can,
But we both know that you're my man.

Please come back as soon as you can,
Come to me and be my man,
Stay forever, do not roam;
Love will bless our happy home.

We'll walk together hand in hand,
And travel freely across the land,
We'll settle down and live life best,
And I thank God that we were blest.

I've tried to keep my feelings hid
And no one knows the tears I've shed,
'Cause when you're gone, I feel so blue,
All I know is I love you.

Florence B.

TO BE IN LOVE

To be in love
Is to touch things with a lighter hand,
In yourself, you stretch, you are well,
You look at things through his eyes.

A Cardinal is red,
A sky is blue,
Suddenly you know that he knows too.
He is not there, but you know you are tasting
together
The winter or the light spring weather.

His hand to take your hand is overmuch,
Too much to bear.
You cannot look into his eyes, because your pulse
Must not say what must not be said.

When he shuts a door, or is not there,
Your arms are water,
And you are free with a ghastly freedom,
You are beautiful, half of a golden hurt.

You remember and covet his mouth
To touch, to whisper on.
Oh, when to declare is certain death!
Oh, when to apprise is to mesmerize!
To see fall down the Column of God
Into the commonest ash!

Written by Gwendolyn Brooks
submitted by Florence B.

"LOVE ME", YOU SAY, "NO MATTER WHAT"

"Love me, you say, no matter what
but don't ever speak to my fear."
You never said this in so many words
it's funny what "caring" can hear.
It hears all the whispers under your words
it senses the pain you conceal.
Your eyes scream out all of the things
your lips are afraid to reveal.
Silence to you spells screaming to me
a tearing down deep in your soul.
Years pile there, senseless and bare
yet you go on with your role.
You're quite the wise one to others than me;
your laughter has got them all fooled.
Hiding yourself can be quite an art
to one who can't take ridicule.

"Love me you say, no matter what,"
what kind of love would that be
if somehow I managed all that you ask
and shared in your uncertainty?
Sure I could smile a sickening smile,
share in your misery with glee.
~~That~~ isn't love, it's closer to hate
besides, then you wouldn't like me.
You'd think it was great until the day
came when hiding was harder than hell,
then you'd turn to me with tears in your eyes
and you would be able to tell
that loving you, no matter what
is not standing back from your pain.
If I did that forever we'd be
two strangers who passed in the rain.

Vicki J.

"A NEW HAT AND OLD MEMORIES"

Thank you, Lord, for this day
it's lovely, is it not?
I hope you like my brand new hat
it's not the first I've bought.

I've worn many in this church
excuse me if I cry,
I guess I'll never understand
why Henry had to die.

We used to bring our children
to celebrate your days,
We were all so happy
in Oh, so many ways.

This old church holds memories
more than just a few,
I cannot even count the times
I've given thanks to you.

You gave me lovely children
and a very special man,
That's why I made a promise
to love you all I can.

My tears are only for myself
I know he's safe with you,
but growing old can be so hard
there's not much left to do.

Thank you, Lord, for this day
it's lovely, is it not?
I hope you like my brand new hat
it's not the first I've bought.

Vicki J.



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DEAR MOM

Dear Mom,

Hear I sit pencil in my hand to typewrite this letter to you; Pardon the ink.

I don't live where I used to live, Because I moved to were I live now. When you come home to see me, ask somebody were I live cause nobody knows.

I am sorry we are too close apart. I wish we were further together. My friend the spider died and is doing fine. My rat has the mumps and is having a ball, He is at deaths door and the doctor is trying to pull him through.

We are having more weather this year than last year. I started to go to Vanier jail to see you but I saw a sign that said this takes you to Vanier jail so I sat on it for three hours and it didn't move an inch.

Ruth's son Danny swallowed a pin but Ruth fed him a pin cushion and he is ok now. I sent you a pitcher of me but for fear of losing it I took it out. If you dont get this letter let me know and I will send it to you.

Sincerely yours

Your child

Laura Lee-----

P.S. When you answer this letter please write slow as I can't read to fast.

Submitted by Joan Y.

A FISH ROMANCE.

This is the story of John Dory, a simple Sole but quite a Dab at most things, especially where Mussles were concerned. He was feeling that all the world was his Oyster for he was marrying Anchovey who although rather a shrimp of a girl was a sight to warm the Cockles of your heart. It was a grand day for the wedding. A Mackerel sky was most pleasing while a lovely Ray of sunshine illuminated the church. The bride wore a Salmon colour dress, Her-Ring had been chosen with care and had arrived C.O.C. that very day. So many people attended the reception at the Crab and Lobster Inn that the guests were almost packed like sardines but they had a Whale of a time. In reply to the toast made to the young couple, the bridegroom, began to Flounder a bit at first but eventually made a good speech in his deep Bass voice having to skate over very thin ice with some of his remarks about the brides mother. He thought she was rather an old Trout although she had been rather a giddy Kipper in her younger days and he hoped she would not Carp on to much after the marriage. Eventually they left for their honeymoon which was to be spent in Finland, later to live in a quiet little place rather appropriately named Fishbourne where they were blessed with a dear little Sprat.

Written by: Bennett Cerf.

Submitted by: Florence B.



"It's pretty badly burned. Do I have to say
Grace over it?"

erry G.

PHILOSOPHICAL QUOTES REGARDING LIFE

1. I am not in this world to live up to your expectations,
Nor are you in this world to live up to mine.

By Fritz Perls

2. To err is human, But to forgive is divine.

By William Shakespeare

3. People very seldom say I love you and when they do it's
either too late or it's time to go.

4. Not to the swift the Race, Not to the strong the Spirit,
Not to the Righteous, perfect Grace, Not to the wise
the Fight.

Ecclesiastes.

5. To be important is nice, but to be nice is more important.

6. Men are most apt to believe what they least understand.

7. He who excuses himself, accuses himself.

8. I can be pushed just so far.

Henry Leon Wilson

9. I want what I want when I want it.

Henry Blossom

10. If you can meet with triumph and disaster, and treat those two
imposters just the same. If you can walk with crowds and keep
your virtue, or walk with Kings not losing the ~~com~~mon touch
yours is the world and everything in it; and what is more
you'll be a man, my Son.

R. Kipling

SUBMITTED By: Bette B.

STABILIZEA Self Help Organization

Stabilize was founded in 1971 by Debbie Fox, an inmate in Kingston Prison for Women. Debbie was serving a seven year term. After a few months in the pen, Debbie went out to Queens University and studied for a degree in psychology. Debbie was twenty-one years old, and saw the chance to help other inmates. She started a search for funds, and managed to get some help from a priest and a few downtown merchants in the city of Kingston. Then she rented an office in a Real Estate building on 105 Princess Street. She put in long hours talking to people in the Penitentiary Service, and with a lot of faith and hope she started her organization; first with male inmates from Collins Bay, and then with female inmates from Prison for Women.

At first the staff at Stabilize did volunteer work, but then through the Solicitor General's Department, Debbie managed to get a grant.

Stabilize became an organization run only by persons on parole, day parole, and working T.A.'s, from the Federal Institution. Just as a point of clarification it should be mentioned that some of the inmates participating in this program were "Day Parolees" who were supervised by the Parole Board.

Stabilize increased its staff by 5 men and 3 women. The staff consisted of Employment Agents, Counsellors, Social Workers, Secretaries, Bookkeepers, and Telephone Answering Services Personnel.

The idea of this organization was Self Help for incarcerated people. Every day someone out on a T.A. was usually found in the Stabilize office, laughing and cutting up about old times and the Employment Agents were always busy taking someone out for a job interview.

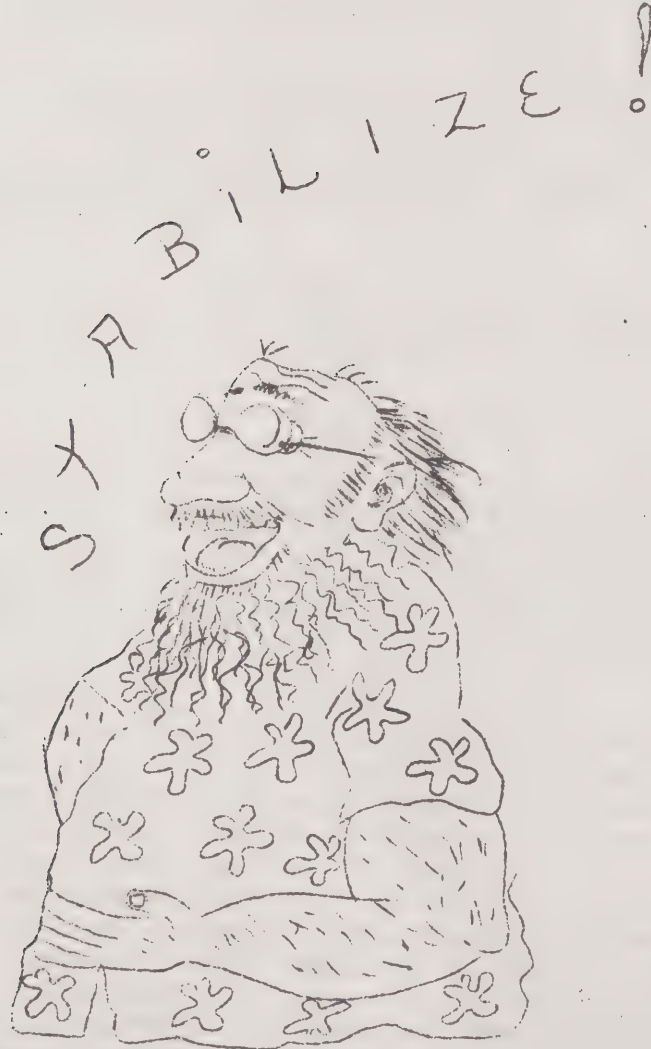
We were Bona-Fide escorts for female inmates on day passes, and this made the parties out on passes feel comfortable. We also felt comfortable with the persons out on passes. As Bona Fide escorts we never had anyone go A.W.O.L. We also sat and talked with people who had been fully released if there were problems that they wanted to discuss with us.

I had a great deal of satisfaction in my role of Social Worker going into Joyceville annex for interviews. The men found it much easier to talk to someone from Stabilize, than to someone from other organizations. We were understanding and even sympathetic if we had to be. After we conducted interviews we went to different employers and arranged to get jobs for the men. The jobs we filled were painters, waiters, car salesmen, truck drivers, and some construction work as well. A great deal of credit for our success with this group was that we understood the problems of both inmates and the Kingston community. We tried to understand the community's way of thinking. Another reason for our success was due to the efforts of the people in the community who did much towards making Stabilize a sound venture.

Stabilize (continued)

Kingston Business people were really great in supporting (CKWS radio and Television Station for example) our group. They were willing to hire people on parole. Stabilize staff were sincere in their plans and in their ideas and we never lost faith. Unfortunately we were forced to close due to lack of funds. However we still have a half way house on 106 Pine St., Kingston.

Written by Bette B.



SPRING IS COMING -- BUT FOR ME IT'S ALREADY SPRUNG

Spring is already here for me and your time should come soon. I'm well on my way and I have bloomed in more ways than one. During my incarceration at Vanier Centre, I felt it had to be that way; and so did they. I have been set back in my ways but I will admit that I have had time to think about what I want to do in the future.

About this place and what it did for me. To my supervisor Dave -- you have been really super! And as for the Invictus program, I feel that I have really opened up. There were even some complaints from people that I shut up. I enjoyed hairdressing, especially after I came in third in the annual hairdressing competition. I owe my thanks for this to the cosmetology students and, most of all, to Mrs. Cromie. Thank you all, and I'll never forget that evening we spent together on the T.A.

For my work area, which was the kitchen, all I have to say is that it made my day. Unfortunately, now I have to learn to lose these extra thirty-five pounds that I put on. So long, Mr. Busshoff and the rest of the staff.

And now, last but not least, a thanks to Terry Angle for allowing me to be on the Inside-Outlook. I urge all of you to continue the good work on the April issue. I would also like to say it was really fun working with you, even for the extra 20 days.

I hate saying good-bye, so I won't. I'll just say SO LONG until we meet again some other place some other time.

by Marie B.

PRISON ARTS 75AN INVITATION EXHIBITION FOR
PRISON INMATES OF THE WORLD

The Prison Arts Foundation of Canada extends an invitation to all inmate artists and craftsmen of correctional institutions throughout the world to be entrants in the Prison Arts exhibition to be held in September, 1975, in conjunction with the Fifth United Nations Congress on the Prevention of Crime and Treatment of the Offender.

June 30, 1975 is the deadline date for the arrival of all entries at the following address:

PRISON ARTS FOUNDATION
c/o BRAMPTON ADULT TRAINING CENTRE,
BOX 1010, BRAMPTON, ONTARIO, CANADA.

CONDITIONS OF ENTRY FOR ARTS AND CRAFTS

1. Inmates of correctional institutions are eligible to submit original works in fine art or crafts.
2. Entrants may sign their works with actual names or pseudonyms.
3. Each entry must be accompanied by an entry form.
4. Each entry must bear the title, artist's name and address, and his evaluation of the work in Canadian dollars. It must also be marked "FOR SALE" or "NOT FOR SALE".
5. Sales may be made through the exhibition. Potential purchasers will submit written bids equal to higher than the artist's stated evaluation of the entry. At the conclusion of the tour, sales will be made to the highest bidders, and funds sent to the artists. The Prison Arts Foundation charges no commission on sales.
6. Each entry must weigh no more than 50 kilo. (110 lbs.), and measure no greater than 2 metres (6 ft.) in its largest dimension.
7. All entries must arrive by June 30, 1975 at:
PRISON ARTS FOUNDATION,
c/o BRAMPTON ADULT TRAINING CENTRE,
BOX 1010, BRAMPTON, ONTARIO, CANADA.
8. Costs of return shipping on unsold Canadian entries will be covered by Prison Arts.

9. Costs of shipping entries into and out of Canada will be the responsibility of the participating country.
10. Costs of shipping all sold entries will be deducted from the sale price of the item.
11. Once in our hands, entries will be protected by our insurance coverage to the real value or to a maximum value of \$300.00.
12. The exhibition tour will extend into 1976. All works will be returned at the conclusion of the tour.

CONDITIONS OF ENTRY FOR CREATIVE WRITING

1. Inmates of Canadian correctional institutions are eligible to submit original creative writings in English, French or the language of their choice.
2. Entrants may sign their works with actual names or pseudonyms.
3. To be eligible for judging, writings must arrive by June 30, 1975, at

PRISON ARTS FOUNDATION
143 FIFTH AVENUE,
BRANTFORD, ONTARIO
N3S 1A3.
4. Entrants should retain copies of entries in case of loss.
5. Each writing, or collection of writings must be accompanied by an entry form.
6. Selected works will appear in the next issue of "Words From Inside", an annual Prison Arts publication..
7. Any entries may appear in printed material and publicity relevant to Prison Arts. All other rights of reproduction remain with the author.
8. Entrants assume responsibility for the authentic originality of their writing entries.
9. All writings will be read by our editor and returned to the authors once selections have been made for "Words From Inside".

SCHOLARSHIP

Chubb Industries Limited - \$1,000.00

For the purpose of further education at a recognized university, community college or educational establishment, within one year of date of release from correctional institution.

AWARDS

Canadian Penitentiary Service - Three \$100.00 awards are offered for painting, sculpture and creative writing.

Warner-Lambert Canada Ltd. - Three \$100.00 awards are offered for painting, writing and crafts.

Department of Indian and Northern Affairs - A \$150.00 award is offered for visual art by an Eskimo entrant.

Ontario Ministry of Correctional Services - A \$100.00 purchase award is offered for visual art by an inmate of an Ontario provincial correctional institution.

Xerox of Canada Limited - A \$100.00 award is offered for artistic excellence in any category.

St. Leonard's Society of Canada - A \$100.00 award is offered for artistic excellence in any category.

John Howard Society of Canada - A \$100.00 award is offered for artistic excellence in any category.

Elizabeth Fry Society of Canada - For artistic excellence in any category, an award will be given. The amount will be announced later.

Transair Limited - A \$100.00 purchase award is offered for sculpture or painting by a native Canadian inmate.

Tandy Leather Company of Canada Limited - A \$50.00 credit voucher is offered for leatherwork. It is to be redeemed in merchandise from the donor.

WHAT EVERY STUDENT SHOULD KNOW ABOUT VD

By Ann Landers (Toronto Star)

Dear Readers: Several weeks ago the Kansas City Times sponsored my lecture to the students of Washington High School in Kansas City, Kansas. I was given a copy of the school's paper. The Washingtonian.

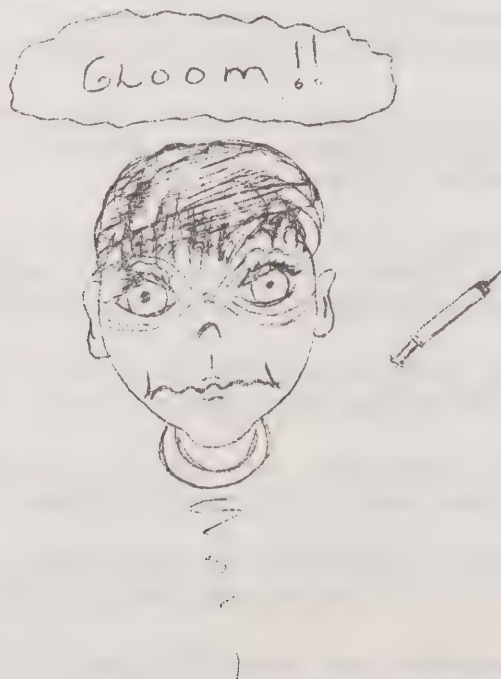
That issue carried a quiz on venereal disease. In my opinion that quiz should be reprinted in every high school paper in the form of multiple choice. The correct answers can be found at the end.

1. VD is transmitted by: (a) sexual relations with an infected person. (b) toilet seats, (c) kissing.
2. If not treated, gonorrhea may turn into syphilis: (a) true, (b) false.
3. The largest number of reported cases of communicable diseases last year was: (a) measles, (b) chicken pox, (c) gonorrhea, (d) syphilis.
4. A person with VD will have: (a) symptoms all of the time, (b) symptoms part of the time, (c) no symptoms ever.
5. If you get syphilis and see a doctor he (or she) can: (a) help you some but not cure you, (b) cure you some of the time, (c) cure you all of the time.
6. The symptoms of syphilis and gonorrhea are: (a) usually painful, (b) almost always noticeable, (c) often hidden, (d) almost always hidden.
7. If a man and woman both get gonorrhea: (a) the man will notice symptoms first, (b) the woman will notice symptoms first, (c) they will both notice symptoms at the same time.
8. The symptoms of gonorrhea may be: (a) a sore of the sex parts, (b) discharge from the sex parts, (c) a rash on the body.
9. The symptoms of syphilis may be: (a) a sore on the sex parts, (b) a rash on the body, (c) sore throat, (d) all of the above.
10. Once you have had syphilis or gonorrhea you can catch it again/ (a) yes, (b) no, (c) only gonorrhea. (d) only syphilis.
11. If a pregnant woman has syphilis and it is not treated, her baby: (a) will always be born with syphilis, (b) may be born with syphilis, (c) will never be born with syphilis.

12. Venereal disease can be a serious problem: (a) only to people who are careless, (b) only to people who don't behave properly, (c) only to teenagers and young adults, (d) anybody and everybody.
13. It is correct to say: (a) a negative blood test always means you don't have syphilis, (b) a positive blood test always means you do have syphilis, (c) if you have syphilis, sooner or later your blood test will be "positive".
14. VD education in the schools will: (a) make young people curious and lead them to experiment with sex, (b) teach them that the disease can be cured and make them less careful about protecting themselves (c) provide them with accurate information so they will know how to avoid the disease and emphasize the necessity of seeing a doctor if they should become infected.

The correct answers as follows: 1. (a) 2. (b) 3. (c)
 4. (b) 5. (c) 6. (c) 7. (a) 8. (b) 9. (d) 10. (a)
 11. (b) 12. (d) 13. (c) 14. (c).

If anyone who reads this test suspects he (or she) has VD, please go for testing and treatment to a VD clinic. They are located in most large hospitals. Your parents will not be notified.



OUR EXPERT REPORTS ON:"HOW TO MAKE THEM SCRAM"

We've all had this happen to us at one time or another. George and Mary, the most boring couple you know have dropped in unexpectedly, and for the last several hours, have been watching T.V. and are making the test pattern look exciting. Now it's midnight, and you're having trouble stifling those yawns and you'd like them to leave. Trouble is, from past experience, you know they'll be here for breakfast if you don't do something. Here's what you do!

- 1) At the next break in the conversation, throw in a line like; "I hear there have been a few robberies in your neighborhood lately!"
- 2 Stop stifling those yawns.
- 3) To George say "Gosh George, was that your new secretary I saw you having lunch with the other day? She's a real charmer.
- 4) To Mary say, "I'll bet you're cooking has improved a lot since the last time you had us over."
- 5) Fight fire with fire! Suggest to your spouse that you get out the projector and show George and Mary the slides of your son's tonsilectomy.
- 6) Tell your guests that you'd like to get into something more comfortable, leave the room, leave the house and take in a three hour movie. Chances are they'll be gone by the time you get back.
- 7) Ask you wife to make one of her special pizzas with peanut butter and marshmallows.
- 8) Say to George and Mary that you hate to mention it, BUT * you have to get up early to clean the basement.
- 9) THROW THE BUMS OUT!!!

Emotions is a "stirred up" reaction such as love, fear or grief. When a person feels like running away from something he feels will hurt him we call this emotion fear. If a person wants to remove the danger by attacking it we call this emotion anger.

The emotions of joy and love are aroused when we think something can help us. An emotion does not have to be aroused by something in the outside world, it can be created by a person's own thoughts. Everyone has emotions. Many psychologists believe that infants are born without emotions just as they learn to read or write. A growing child not only learns his emotions but learns how to act in certain situations because of an emotion. When a child first meets a snarling dog, the child may have no emotion toward the dog. If the dog tries to bite the child he develops fear toward the dog. Because of fear the child has learned, he avoids snarling dogs in the future.

Kinds of Emotions

Psychologists believe there are two kinds of emotion, Positive emotions and Negative emotions. Positive emotions include love, liking, joy, delight and hope. They are aroused by something that appeals to a person. Negative emotions make a person unhappy or dissatisfied. They include anger, fear, despair, sadness and disgust. Emotions may be weak or strong. These differences of strength are given special names. For example, a person who is very angry is in a rage. When the same person is mildly angry, he is merely irritated or annoyed. Pain, disappointment and fear are emotions that are felt and are as natural as joy and love. In growing up a person learns to cope with the negative emotions in order to be happy.

How Emotions Help Us

Emotions trigger chemical and physical changes in the body that often help to protect it from danger. In fear, for example, the adrenal gland empties a hormone called adrenaline into the blood stream. This causes a series of changes in the body. The heartbeat increases and the blood pressure rises. These emergency measures give the body more time to face the crisis.

How Emotions Harm Us

If the body changes caused by emotion continues for a long time, vital tissue damage can result. Some emotions are so strong and so unpleasant that a person will try any means to escape from them. In order to feel happy, the person may choose unusual ways to avoid the emotion. For example, a man who is lying from an illness may convince himself he is not sick. Strong emotion can make it hard to think and to solve problems. They may prevent a person from learning or paying attention to what he is doing. For example a student taking an examination may be so worried about failing that he cannot think properly. The worry drains valuable mental energy he needs for the examination.

A Flower Romance

Flori-bunda was a real English Rose. She lived with her Antirrhinum in Honeysuckle Cottage. She had many admirers for at a dance she was no Wallflower and her Tulips were very inviting. She said, "The man I would marry must be no Pansy, but one who would Forget-Me-Not and I would prefer Love-in-Mist rather than Marigold." Soon she fell in love with Chrysanthemum who came from good old Virginia Stock and whose family were Cornflower merchants. She called him her Sweet William and he called her his little Snowdrop. One day he failed to meet her as promised and woman-like she thought, Oh! can this be the work of Anemone, his former charmer. If so it's enough to make a Crocus. Her fears were groundless however, for he eventually made his appearance, looking rather pink and off colour. In due course they were married and the Canterbury Bells rang at their wedding which took place in Morning Glory and with the traditional Orange Blossoms. The years passed and they had many little Rosebuds to adorn their family tree.

By A.C.H. Newman
Submitted by Roseann W.

Romance

Mr. Jones patted his daughter's hand fondly and told her, "Your young man told me today that he wanted you as his bride and I gave my consent." "Oh Papa!" gushed the daughter, "It's going to be so hard leaving mother." "I understand perfectly my dear," beamed Mr. Jones, "You just take her with you."

Fashion tip from a Kansas weekly. "Girls will be wearing the same thing in Brassieres as they wore last year."

Shirley MacLaine has figured out the Seven Lively Arts of making a man say yes-(1) Find him (2) Fascinate him (3) Flatter him (4) Feed him (5) Fuss over him (6) Fondle him (7) Frame him. And oh yes If none of these work adds Shirley, forget him.

"Oh Brad, let's not park here. Oh Brad, let's not park. Oh Brad, let's not. Oh Brad, let's--Oh Brad.....Oh!"

A sailor spotted a greeting card which expounded this sentiment, "Here's my heart and soul for the only girl I ever loved." "Just the card I'm looking for," the sailor enthused to the sales clerk, "Give me two dozen!"

A young bridegroom followed his gal into their shiny new kitchenette. "What is my snookums doing in here so long?" he inquired. His worried bride explained, "I rinsed the ice cubes in this hot water and now I can't find them."

Submitted by
Florence B.

TO THE RESIDENTS AND STAFF OF THE VANIER CENTRE:

Although I would certainly have preferred to have been able to meet with many of you individually in order to say good-bye, the impossibility of doing so prompts me instead to utilize the written medium of this newspaper. Twenty-one months have elapsed since I first came to the Vanier, and certainly the experiences and relationships in which I have been involved, have been some of the most meaningful in my life. The memories and friendships which will forever be with me will be deeply treasured always.

At the time of one's leaving, so very much comes ever so clearly into focus -- where we have been, where we are going, and where we now are. I should like to review with you my present perceptions regarding these issues. Before I begin, however, I should like to point out that I am of the firm belief that meaningful changes can not and do not occur because of one individual. Rather, it is as a result of cooperative and honest interaction between and among many people, that valid and meaningful growth is able to emerge.

When I look back to where we have been, it seems hard to believe that only twenty-one months have gone by. The movement into the functional unit system of management has allowed each area throughout the Institution to accept much more responsibility for the development of its own program. In addition, this approach has given, both staff and residents, the opportunity to experiment with new ideas, while at the same time, affording them a viable system through which they can sort out and rectify their own area-specific difficulties in meaningful, productive, and responsible ways. The decision to move in this direction certainly increased the necessity for open and honest communication as well as meaningful coordination of programs throughout the Centre. I feel that the total Vanier community has not only handled these increased responsibilities in a most commendable manner, but also grown significantly as a direct result.

The opening-up of the Temporary Absence Program has undoubtedly been the most noticeable programmatic change affecting the entire Centre during the past twenty-one months. Although the expansion of this program has been attributed directly to me on many occasions, I should like to clarify three specific issues. Firstly, the decision to move in the direction of this expansion was not mine alone, but rather, was a very definite administrative decision made by both Mr. Doyle and myself. Secondly, this expansion necessitated the acceptance of more responsibility and an increased workload by many staff members. I feel that the responsibility has been extremely well handled and I am personally very grateful for the manner in which staff did accept the expansion of this very meaningful and worthwhile program. Thirdly, I should like to point out very loudly and clearly that the constructive and beneficial expansion of our T.A. program would not have been at all possible had residents themselves not accepted and handled the concomittent increased trust and shared responsibility in such an excellent and commendable fashion. For this I want to say both "thank you" and "a job well done".

As a direct result of the two changes already noted, it was certainly necessary that the tone and function of the Resident Representative Committee meetings change. Along with the decentralization of program development and assessment, came the need for a greater stressing of the system for communication between the resident group and the administration. I have very much enjoyed being a member of the Resident Representative Committee and greatly appreciate having had the opportunity to both be a part of and experience at first-hand the growth which has taken place in that Committee during this time period. A great many issues have been handled in very mature, responsible, and meaningful ways by this Committee, and it is with deep regret that I accept the fact that I shall no longer be associated with it.

To the past and present members of the Resident Representative Committee I want to say a very special "thank you"; and to the present and future members, I extend best wishes for continued strength and growth as you proceed with a most challenging and potentially rewarding task.

Other changes which have occurred have primarily centred around programmatic development in various areas of the Institution. The change of focus in both the Invictus and the Health Centre programs has sought to place much more emphasis on the strengths, health, and ability to be responsible which have been exhibited by our total community population. The increased awareness of the need for meaningful relationships throughout the complex has resulted in a much greater feeling of involvement and a much more dynamic process which, I feel, has evidenced itself in the noticeable growth on the parts of both residents and staff. Various staff and cottage meetings have become much more directed towards issue resolution, and the positive effects have been most obvious. The movement into co-educational programming and the assessment of the entire industrial program have also had marked impact on the Vanier community and, in addition, will end up having broad implications for our own Ministry as well as the whole field of corrections.

When I look at where we are going, I see the separation of our paths and yet at the same time I can see us still travelling together. For me personally, I see the opening of a new complex which will house three individual institutions. Certainly the challenge of developing all new programs for a population consisting of 300 staff and 400 inmates/residents will be an exciting one. The new experiences, knowledge and relationships to be gained are as awesome as they are numerous. Much of what I have learned and profited from here at the Vanier will prove to be of great asset to me at Maplehurst. Rest assured, however, that neither the excitement nor the intensity of what I am moving to will replace the meaningfulness of what we have shared here. The Vanier also has exciting and challenging places to go. The movement towards the community on a larger scale, the opening of a C.R.C., and the continuation in the directions to which we have been committed will all require a great deal of dedication and the continuing acceptance of shared trust and responsibility. So although we shall be on separate paths, our directions will be leading towards the same goal - the development and maintenance of a productive and meaningful system of corrections which will provide the opportunities for growth and success for both residents and staff.

So, we finally arrive at where we now are. We stand at the fork in the road looking back and looking ahead. I don't want to say good-bye because that sounds too final. I don't feel that one can just end relationships and involvement which have been so meaningful. The impact of these past twenty-one months will be with me for the rest of my life. I do want to say how much I appreciate the support which I have received from staff and residents. I feel that we have arrived here together as the result of much hard work, dedication, shared responsibility, and meaningful growth. As the song goes, however, "we've only just begun".....I feel good in the realization that with the continued cooperation and assistance from residents and staff, Mr. Doyle and his administration will be able to forge forward in the establishment of the Vanier Centre as a true leader in the field of corrections.

No, I don't want to say good-bye. I want to wish each of you peace, love, success, growth, happiness, and most of all, a rich and meaningful life. Not good-bye, but Shalom!

Lots of love always,

 Ronald C. Harshman.

April 24, 1975.

1975

May

1975

Sun Mon Tue Wed Thur Fri Sat

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tub-a-dub-dub. Three
Girl in a tub..glub,
glub.

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30 Extra pound
oft fat take 4
years off your
"Life"

I'll think
before I
drink..



Life can be beautiful
Take care!.....

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Don't let your
attack You!

Ik I know I can
give up smoking-this
will be my fouth try..

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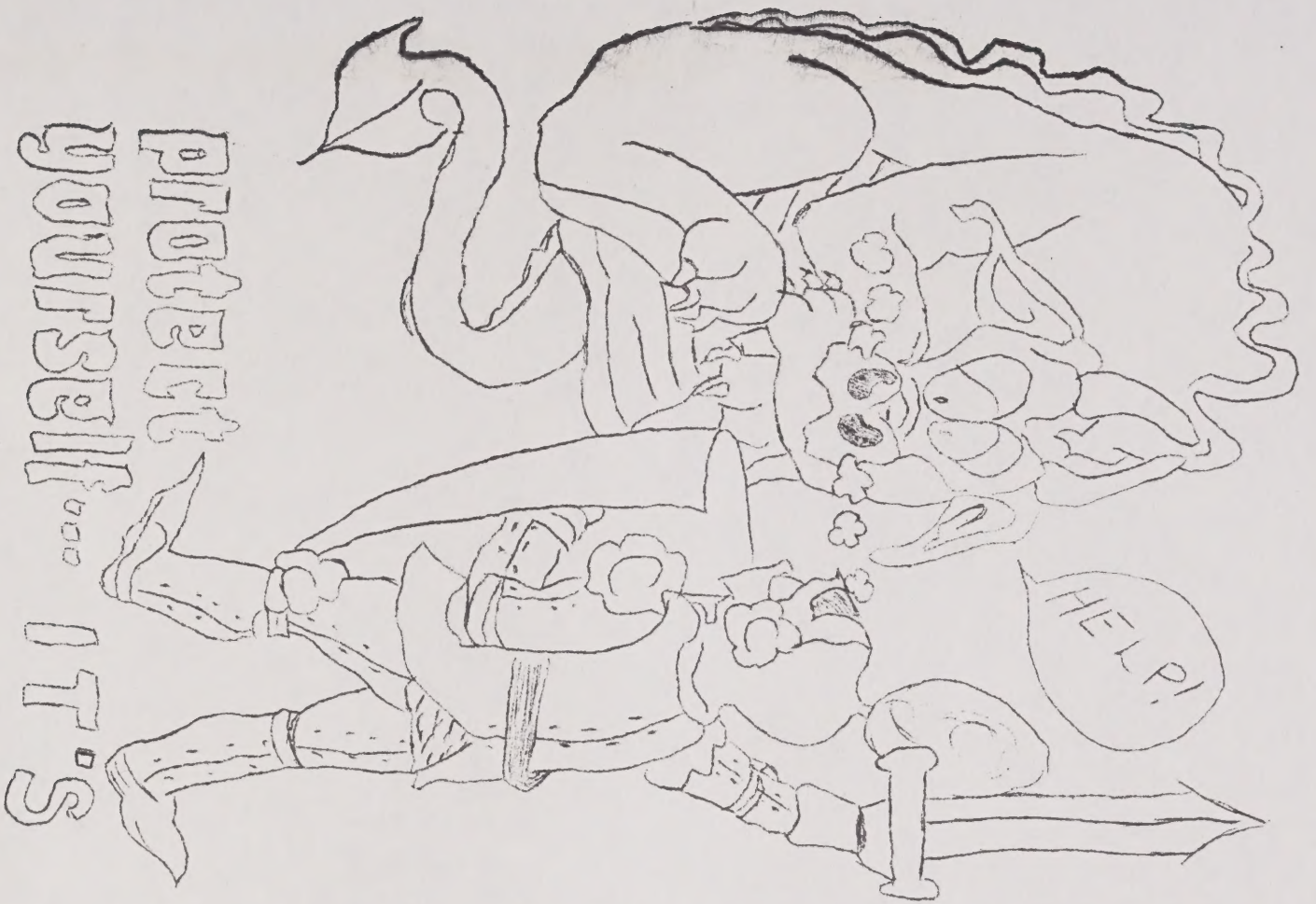
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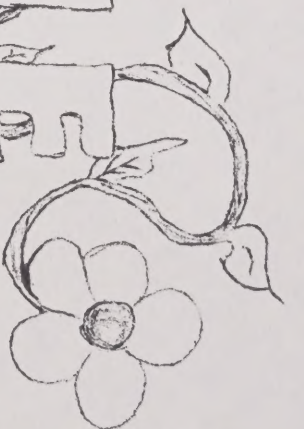
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I USED TO DRINK LIKE A FISH
... I WAS HOOKED!

Terry/G.



JUNE



S	M	T	W	T	F	S
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By Mary W.

